

Fig. 1

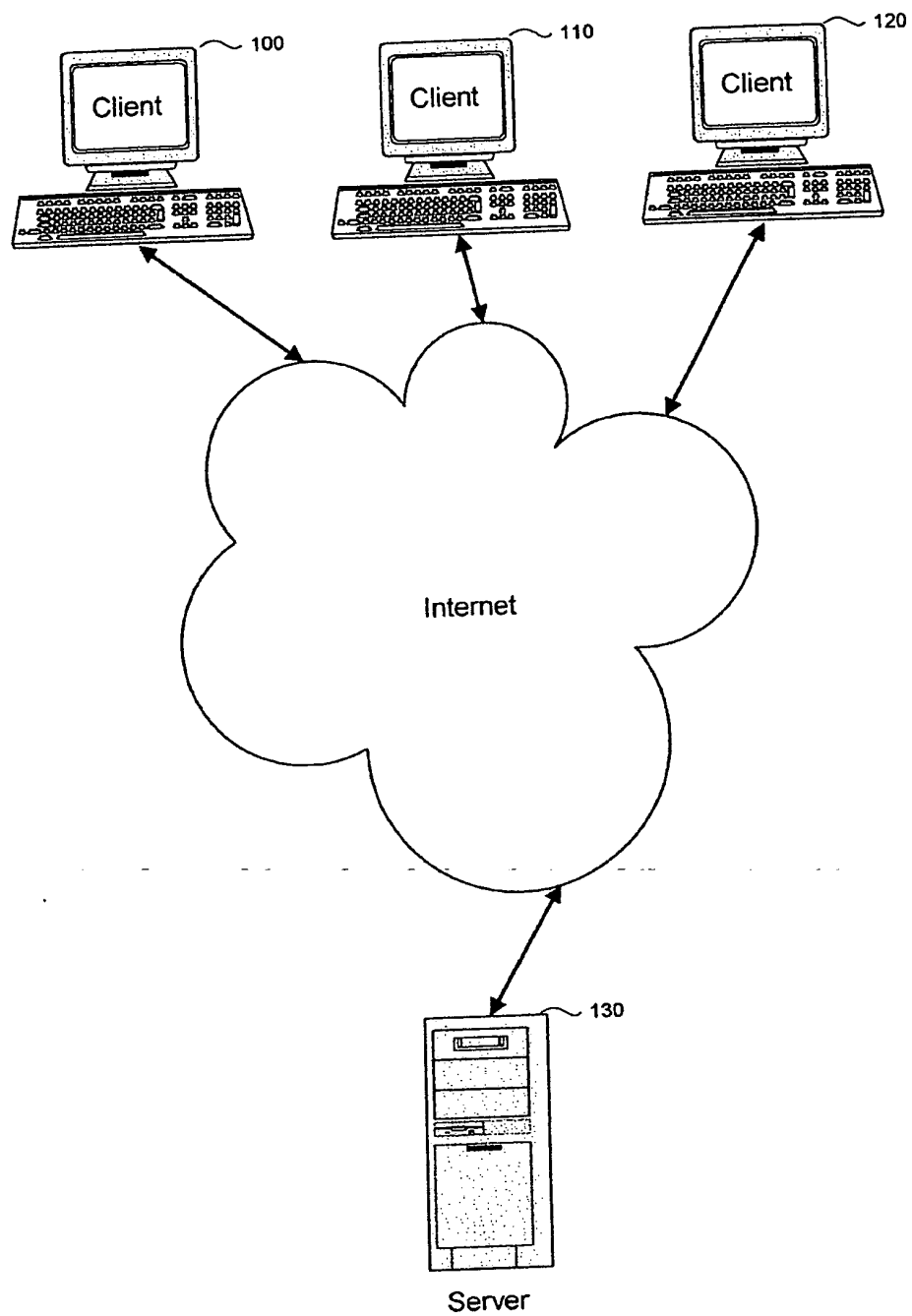


Fig. 2

Heart Disease

Exercise

EVIDENCE: ESTABLISHED BENEFIT

Physical Activity

Regular Exercise:

Regular physical activity, particularly aerobic exercise, is an important strategy to prevent CHD. Consistent aerobic exercise (activity that increases heart rate and breathing for a sustained period of time) for approximately 3 hours per week can significantly lower cardiovascular risk factors such as cholesterol levels, blood pressure, and body mass index. General physical activity (any activity that burns calories) may not increase heart rate and build endurance enough to produce a cardiovascular benefit. However, some recent evidence suggests that even leisurely walking may modestly lower risk if performed for a significant period of time on a regular basis. In addition to aerobic exercise, weight training may protect against the disease.

ALL VERSIONS Recommended Actions:

Try to maintain a consistent exercise regimen focusing on aerobic fitness (low impact activities, such as swimming, elliptical trainer, Nordic track, fast walking, are probably best tolerated by your joints). Less intense activities (e.g., leisurely walking) performed regularly and for a prolonged period of time may also produce a benefit. For a balanced routine to optimize overall health, combine your aerobic exercise with weight/strength training and flexibility training (e.g., yoga, stretching).

BASIC VERSION Scoring:

Weight	A = 100%	B = 60%	C = 0%
7	Exercise 5 or more times/week	Exercise 2-4 times/week	Exercise less than 2 times/week

INTERMEDIATE VERSION Scoring:

Weight	A = 100%	B = 60%	C = 0%
6	Exercise 5 or more times/week	Exercise 2-4 times/week	Exercise less than 2 times/week

AGGRESSIVE VERSION Scoring:

Weight	A = 100%	B = 60%	C = 0%
6	Exercise 5 or more times/week	Exercise 2-4 times/week	Exercise less than 2 times/week

Fig. 3

195 200

PROGRAMS TO BE SCORED	Program Number	Basic	Intermediate	Aggressive
1. Alzheimer's Disease		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Colorectal Cancer		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Breast Cancer		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Diagnostic Testing/Screening	CLEAR	A	B	C
Annual physical exam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alzheimer's screening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Colorectal cancer screening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breast cancer screening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Preventive Medications/Procedures	CLEAR	A	B	C
Fracturide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NSAIDS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Statins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hormone replacement therapy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oral Contraceptives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tamoxifen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Nutrition	CLEAR	A	B	C
Fish consumption	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vitamin E	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reduced iron intake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruits and vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Docosahexaenoic Acid (DHA)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Folate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fiber	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Complex carbohydrates	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low fat diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soy consumption	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vitamin D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Physical Activity	CLEAR	A	B	C
Exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Substance Use	CLEAR	A	B	C
Alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tobacco	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Related Conditions	CLEAR	A	B	C
Obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diabetes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hypertension	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Full-term pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breast feeding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nighttime work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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☐ Save Results

Fig. 9

Prevention Categories	Heart Disease
Diagnostic Testing/Screenings	78% (18.0)
Nutrition	6% (1.0)
Physical Activity	60% (4.2)
Substance Use	100% (15.0)
Mental Health	50% (3.0)
Environmental/Occupational	100% (2.0)
Related Conditions	53% (9.0)
TOTAL	(52.2)
MAX POINTS	86.0
PERCENTAGE ACHIEVED	61%



Fig. 5

Programs

Prevention Categories	Colorectal Cancer	Heart Disease
Diagnostic Testing/Screenings	100% (10.0)	85% (20.5)
Preventive Medications/Procedures		81% (26.0)
Nutrition	40% (8.5)	29% (3.8)
Physical Activity	60% (3.6)	60% (3.6)
Substance Use	55% (6.0)	62% (8.0)
Mental Health		0% (0.0)
Environmental/Occupational		100% (2.0)
Related Conditions	40% (2.4)	40% (6.4)
TOTAL	(30.5)	(70.3)
MAX POINTS	54.0	110.0
PERCENTAGE ACHIEVED	56%	64%



Fig. 6

Fig. 7

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PREVENTIVE ELEMENTS	PREVENTION PROGRAMS						
	Alzheimer's Disease	Breast Cancer	Colorectal Cancer	Prostate Cancer	Heart Disease	Stroke	Other Potential Conflicts
Nonsteroidal anti-inflammatory drugs (NSAIDs)	Potential benefit		Potential benefit	Potential benefit	Potential benefit for aspirin. Potential negative for other NSAIDs.	Potential benefit for aspirin (for those with underlying heart disease and related conditions).	Potential negatives with prolonged use: ulcers, internal bleeding, kidney damage, increased blood pressure.
Hormone replacement therapy (females)	Potential benefit	Potential negative	Potential benefit		Potential negative (esp. when used with antioxidants).	Potential negative	Risk of blood clots, cardiovascular disease.
Folate, Vitamins B6 & B12	Potential benefit		Potential benefit		Potential benefit	Potential benefit	Excessive doses of B6 may be toxic.
Alcohol Use	Potential benefit (light to moderate)	Potential negative	Potential negative (heavier amounts)	Potential negative (heavier amounts)	Potential benefit (light to moderate)		Can negate the benefits of Folate plus possible damage to immune system.
Tamoxifen (preventive medication)		Potential benefit (for high risk women)	Potential negative (for those surviving breast cancer over 5 years)		Potential benefit	Potential negative	Potential benefit for osteoporosis. Potential negative for blood clots, endometrial cancer.
Selenium	Potential benefit	Potential benefit	Potential benefit	Potential benefit			Potential for gastrointestinal problems and fatigue.
Soy		Potential benefit		Potential benefit	Potential benefit		Over-consumption may cause hormonal problems.
UV Light Exposure/Vitamin D		Potential benefit	Potential benefit	Potential benefit			Increased risk of skin cancer, melanoma.
Oral contraceptives		Potential negative (younger women with prolonged use)	Potential benefit		Potential negative	Potential negative (magnified in smokers)	Potential benefit - lower risk for ovarian cancer.

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	PROGRAM 1	PROGRAM 2	PROGRAM 3
SERIOUSNESS	10	9	8
TOTAL PREV. PTS.	60	40	70
VAL. CONFLICTING. ELEM.	6	8	9
CONFL. ELEM. % OF TOTAL	10.0%	20.0%	12.9%
CRW SERIOUS. X C.E. %)	1.00	1.80	1.03

Fig. 8

PROGRAM PACKAGE >> Prevention Elements	HEART ATTACK		STROKE		CANCER				ANTI AGING	OSTEO-POROSIS
	MI	CHF	HEM	ISCH	BREAST	COLON	ORAL	OVARIES		
CARDIOVASCULAR	17.6	15.8								
FITNESS	10.2	9.3								
INTAKE	13.4	11.1								
HEREDITY	7.0	5.6								
ENVIRONMENTAL	6.2	5.8								
SCREENING	7.3	8.6								
OTHER	(6.1)	(4.6)								
TOTAL POINTS	55.6	51.4	25.0	21.0	28.0	21.0	19.0	20.0	8.0	23.0
Maximum points (per program)	70.0	62.0	45.0	56.0	38.0	46.0	41.0	29.0	24.0	29.0
PERCENTAGE ACHIEVED	79.4%	82.9%	55.6%	37.5%	68.4%	45.7%	46.3%	69.0%	33.3%	79.3%

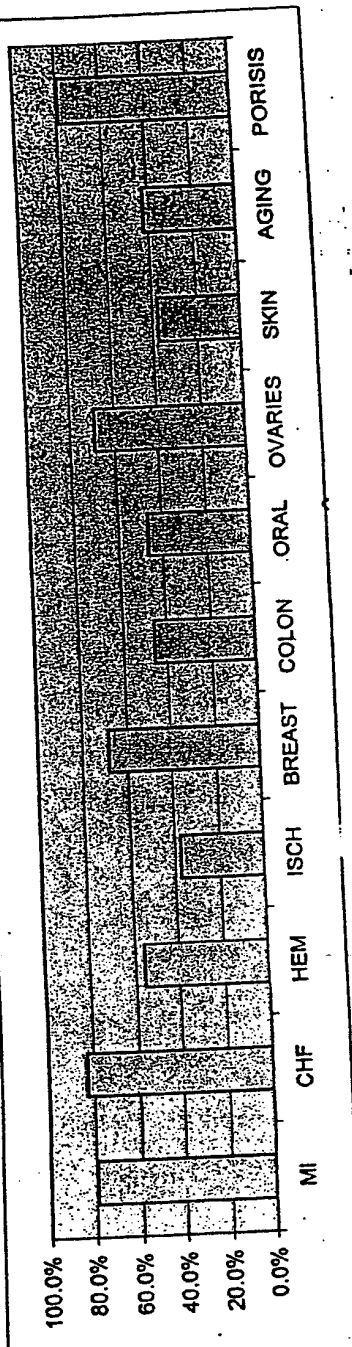


Fig. 10

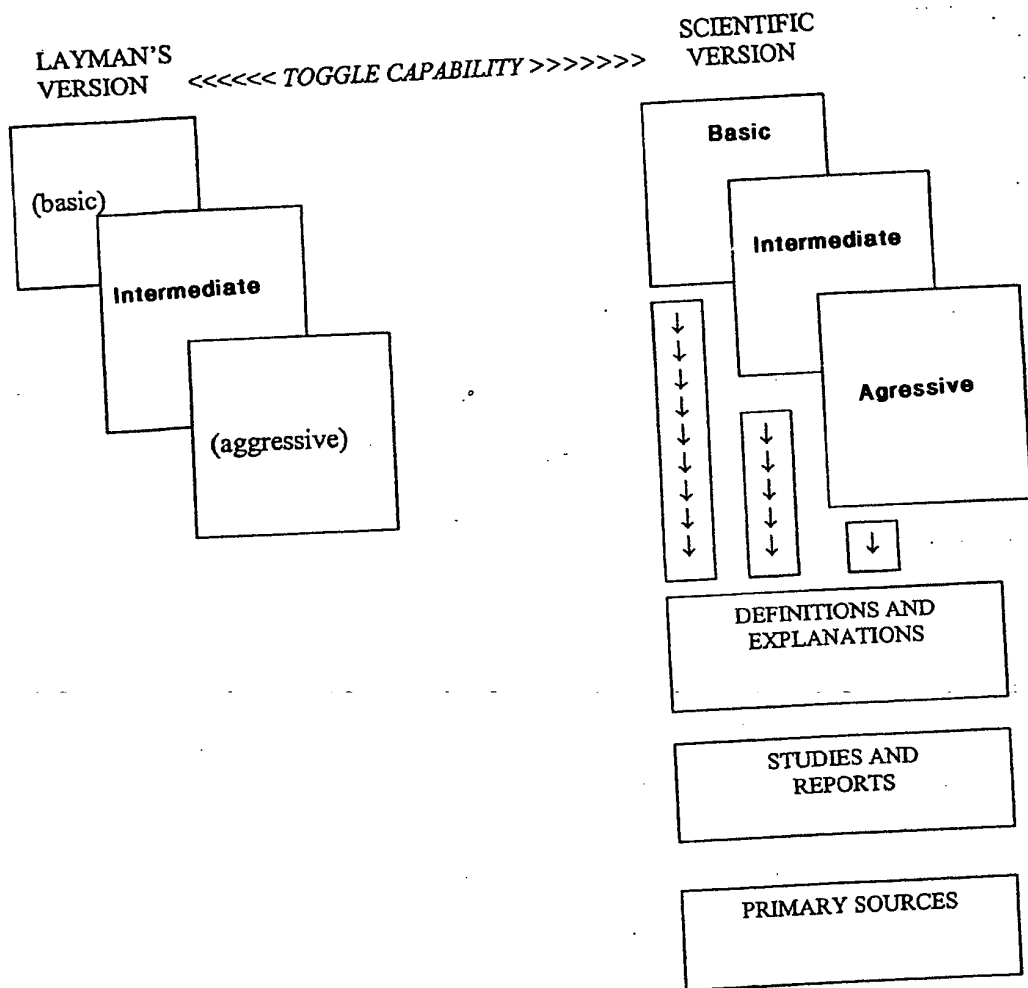


Fig. 11